

Oceanic Steamship Company Sierra Schedule

LEAVE S. F.	ARRIVE HON.	LEAVE HON.	ARRIVE S. F.
AUG. 20.....	AUG. 26	AUG. 31.....	SEPT. 6
SEPT. 10.....	SEPT. 16	SEPT. 21.....	SEPT. 27
OCT. 1.....	OCT. 7	OCT. 12.....	OCT. 18
OCT. 22.....	OCT. 28	NOV. 2.....	NOV. 8
NOV. 12.....	NOV. 18	NOV. 23.....	NOV. 29

*Connects at Honolulu with C. A. Line for Sydney. C. A. Line leaves Honolulu for Australia Jan. 8, 10 and every 28 days.
*Arrives in Honolulu a week in advance of C. A. Line steamer en route to Sydney.

RATES from Honolulu to San Francisco—First Class, \$65; Round Trip, \$110. Family Room, extra.

Reservations will not be held later than twenty-four hours prior to the advertised sailing time unless tickets are paid for in full.

FOR PARTICULARS, APPLY TO

C Brewer & Co., Ltd.

GENERAL AGENTS.

Canadian-Australian Royal Mail Steamship Co.

Steamers of the above line running in connection with the CANADIAN-PACIFIC RAILWAY COMPANY between Vancouver, B. C. and Sydney, N. S. W., and calling at Victoria, B. C., Honolulu and Brisbane, Q.

FOR FIJI AND AUSTRALIA. FOR VANCOUVER.

ZEALANDIA.....	SEPTEMBER 16	MARAMA.....	SEPTEMBER 13
MARAMA.....	OCTOBER 14	MAKURA.....	OCTOBER 11

*Calls at Fanning Island.

CALLING AT SUVA, FIJI, ON BOTH UP AND DOWN VOYAGES.
Theo. H. Davies & Co., Ltd., Gen'l Agents

Pacific Mail Steamship Co. Toyo Kisen Kaisha S. S. Co.

Steamers of the above Companies will call at HONOLULU and leave this Port on or about the Dates mentioned below:

LEAVE HONOLULU FOR ORIENT.	LEAVE HONOLULU FOR S. F.
NIPPON MARU.....	SEPT. 13 CHINA.....
SIBERIA.....	SEPT. 19 MANCHURIA.....
CHINA.....	SEPT. 26 CHIYO MARU.....
MANCHURIA.....	OCT. 3 ASIA.....
CHIYO MARU.....	OCT. 11 MONGOLIA.....
ASIA.....	OCT. 18 TENYO MARU.....
MONGOLIA.....	OCT. 25 KOREA.....
TENYO MARU.....	NOV. 8 NIPPON MARU.....
KOREA.....	NOV. 14 SIBERIA.....
NIPPON MARU.....	NOV. 29 CHINA.....
SIBERIA.....	DEC. 5 MANCHURIA.....
CHINA.....	DEC. 12 CHIYO MARU.....
MANCHURIA.....	DEC. 19 ASIA.....

FOR FURTHER INFORMATION APPLY TO
H. HACKFELD & CO. LTD

Matson Navigation Co.'s Schedule, 1910

DIRECT SERVICE BETWEEN SAN FRANCISCO AND HONOLULU.

Arrive from San Francisco	Sail for San Francisco
Lurline.....	August 31
Wilhelmina.....	September 6
Lurline.....	September 14
Wilhelmina.....	September 28
Lurline.....	October 4
Wilhelmina.....	October 12

S. S. Nevada of this line sails from Seattle for Honolulu direct on or about Sept. 17th 1910.

For further particulars apply to
CASTLE & COOKE LTD., GENERAL AGENTS.

American-Hawaiian Steamship Co.

FROM NEW YORK TO HONOLULU, via Tehuantepec, every sixth day. Freight received at all times at the Company's Wharf, 41st Street, South Brooklyn.

FROM SEATTLE AND TACOMA TO HONOLULU DIRECT:
S. S. Alaskan to sail.....September 11
S. S. Arizonan to sail.....September 23
For further information apply to

H. HACKFELD & CO., LTD., Agents, Honolulu.
C. P. MORSE, General Freight Agent.

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TIDES, SUN AND MOON.

New moon, September 3, at 7:34 a. m.

DATE	High Tide	Low Tide	High Tide	Low Tide	Sun Rises	Moon Rises	Moon Sets
Aug. 31	High Tide	Low Tide	High Tide	Low Tide	Sun Rises	Moon Rises	Moon Sets
25	12:05	1:19	4:10	8:03	5:44	6:15	0:41
30	1:09	2:0	5:20	8:49	5:44	6:15	1:46
31	1:48	2:1	6:25	9:10	5:44	6:15	2:45
Sept. 1	2:30	2:0	7:23	9:38	5:44	6:15	3:47
2	3:07	2:0	8:15	10:13	5:45	6:11	4:44
3	3:39	1:8	9:02	10:22	5:45	6:10	5:40
4	4:08	1:7	10:43	9:47	5:45	6:09	7:22

Times of the tide are taken from the U. S. Coast and Geodetic Survey tables. The tides at Kahului and Hilo occur about one hour earlier than at Honolulu. Honolulu standard time is 10 hours 30 minutes slower than Greenwich time, being that of the meridian of 157 degrees 30 mins. The time whistle blows at 1:30 p. m., which is the same as Greenwich 0 hours 0 minutes. The sun and moon are for local time for the whole group.

Shipping in Port

(Government vessels.)

U. S. L. H. T. Kukui, from cruise. August 19.

Merchant vessels.

Florence Ward, Am. schr., from Midway, August 11.

Danmark, Dan. bk., from Leith August 12.

Helene, Am. schr., Aberdeen, August 19.

Ethel Zane, Am. schr. Cohai, August 24.

O. S. S. Sierra, from San Francisco, August 26.

S. S. Missourian, from Seattle, August 27.

S. S. Buoy Maru, from Valparaiso, Aug. 29.

Ep. Marion Chilcott, from Galvos, Aug. 28.

TRANSPORT SERVICE.

U. S. A. T. Logan, at San Francisco.

U. S. A. T. Sheridan, from Honolulu for Manila, August 12.

U. S. A. T. Dix, from Honolulu for Manila, August 12.

TO ARRIVE

U. S. A. T. Sherman, from Manila, for Honolulu, Aug. 15.

S. S. Buoy Maru, from Valparaiso, p. m.

TO SAIL

Monday, August 29.
C. S. Santa Rita, for Port Rita, for Port San Luis.

Tuesday, August 30.
Str. Mauna Kea, for Hawaii, 10 a. m.

Str. Kinnu, for Kauai, 5 p. m.

Str. Mikahala, for Molokai, 5 p. m.

DUE TOMORROW.

S. S. Lurline, from San Francisco, 7:30 a. m.

SAIL TOMORROW.

S. S. Sierra, for San Francisco, 10 a. m.

PASSENGERS

Departed.

Per S. S. Korea, Sandberg, for Japan, August 29.—Mr. and Mrs. S. M. Schultz, Lee Chu, Mrs. H. Maehels, J. B. Deal and wife, Misses Deal, Miss L. A. Atkinson, Miss Magee.

booked to depart.

Per str. Mauna Kea, Freeman, Aug. 30, for Maui and Hawaii ports, 10 a. m.

—R. A. Buchly, F. F. Baldwin and wife H. A. Baldwin, wife and two children.

Mrs. Hussey, Miss R. Hussey, Mary Cabrinha, Lucy Kopa, Antone Fraga, Paul K. Jarrett, Mrs. C. A. MacDonald, Miss Cameron, Mr. and Mrs. Flannan, Mrs. Barnard, Mrs. J. D. Koki, S. K. Sydes, E. W. Shutes, Miss Wright, Lucy Wilcox, Mrs. Chas. E. King, C. H. Brown, H. R. Renton, S. Richardson, C. Waldeyer, W. J. Lowrey, H. E. Newton, W. A. Ramsey, John Hall, Jennie Gasper, N. Nicholas, wife and child, Frank K. Hoopli, Mrs. C. Jesus, Mrs. Friedenberg and child, Mrs. McCorkick, Miss Rickford, Miss Grace, Jack Downer, Miss Louisa Hapai, Miss Eda McHoner, Mrs. J. S. Low, Sam Johnson, J. W. Hamilton, R. S. Renton, J. Birgh, wife and child, Mrs. R. W. Warham O. Hind, John Hind, F. J. Linderman, W. R. Farrington, J. Garcia, J. Ambrose, David Fleming, Miss E. Osorio, J. R. Davies and wife, Ruth Kaonohi, E. Kekuku, S. Wong.

Per str. Kinnu, for Kauai ports, August 30.—Mrs. Ho, Mrs. Hazelton, Jno. Bush, Mrs. Bush, H. Stultiz.

Per O. S. S. Sierra, for San Francisco, Aug. 31.—W. J. Lynch, Mr. and Mrs. von Hamm, Mr. and Mrs. J. McLatche, Mr. and Mrs. G. Chalmers, Miss Ayers, Miss Keilham, Mr. and Mrs. F. L. Hill, Miss N. B. Winston, Mrs. W. F. Lucas, Mrs. P. N. Ward, Miss B. Ward, Miss Bryan, Miss M. F. Ellis, Miss O. Burr, L. C. Attoe, P. C. Jones, E. G. Faulkner, Captain Marx, Miss C. Schumger, Doctor and Mrs. Ingalls, R. S. Thurston, B. H. Bond, G. W. Coleman, Doctor and Mrs. White, Miss M. Shaw, Mrs. J. S. Bishop, K. Kauwa.

J. Kamakau, A. J. Fairweather, Mr. and Mrs. L. H. Cary, D. Makanae, C. P. Kaleikoa, E. Kaai, Miss N. Mutch, Mrs. C. A. Bollow, Mr. and Mrs. O. C. Scott, Miss A. Newington, H. F. Hill, C. F. Sackwitz, D. Yardbrough, C. H. Liepperb.

FOREIGN STEAMER TIME TABLE

STEAMERS TO ARRIVE.

Due Name from
31—Lurline.....San Francisco
September
3—China.....Yokohama
13—Marama.....Colonies
16—Zealandia.....Victoria

STEAMERS TO DEPART.

Depart Name For
August
31—Sierra.....San Francisco
September
10—Manchuria.....Yokohama
13—Marama.....Vancouver
16—Zealandia.....Sydney

QUESTION ON DIET

In one of the magazine articles on African travel, Colonel Roosevelt describes a party of Naudi lion hunters in these words: "They were splendid savages, stark naked, lithe as panthers, the muscles rippling under their smooth dark skins; all their lives they had lived on nothing but animal food, milk, blood and flesh, and they were fit for any fatigue and danger."

Here we have a fact of interest to the vegetarian cult which the advocates of a potato-and-bean diet might do well to ponder, along with the further fact that the plains Indians rivalled their African congeners in their devotion to meat. The forest Indians, whose descendants do not give sign of as stalwart an ancestry as the Sioux, Apaches, Crows and Blackfeet, ate mixed food, including a great deal of maize, nuts and the wild fruits of the woods. They also had a variety of fish.

But on the plains the ration of meat was but scarcely relieved by the wild turkeys which the squaws were wont to throw into the kettles where buffalo, antelope or dog meat simmered. As to crops like Indian corn, there were more in the province of the Eastern Indians, the plains tribes having to move so often, following the buffalo or making war, that they had little time for agriculture.

So here we have savage tribes physically perfect, who, in their food, were almost one with the carnivora.

They seem, but for the vicissitudes of war, to have attained to average life until they came down with white men's maladies, for which their simple pharmacopoeia provided no remedy. In a state of nature they were splendid animals; and the forest Indians, though apparently of somewhat slighter physique than their hard-riding kinsmen, were, man to man, quite equal to their white conquerors. And they, with all their crops, ate more meat than anything else.

What becomes, therefore, of the argument that a vegetarian, more than a meat diet, is productive of physical strength and endurance? The savages Colonel Roosevelt describes and those we best know of from Parkman were physically fit for anything; and their endurance needed no truer exhibit than their daily lives as hunters and warriors gave them. The long march of Chief Joseph, when Howard pursued him; the raids of Geronimo and his grim compeers, all these were splendid examples of what can be done by men physically fit. They disprove the vegetarian theory that energy derived from a meat diet is only good for brief spurts.

The native of the South Sea Islands eats a tuber, which is made into starchy paste, fruits, sea food and pig. He is large of stature, but his energy is not continuous and he has none of

the stamina which gives him a strong grip on life. When ill he is likely to die without adequate cause. Witch doctors pray him to death. He gives up to a wound. In him is a standing refutation of the vegetarian and fruit theory as the best means of building up the human physique.

The anti-beefers are fond of citing the Chinese and Japanese as examples of physical hardihood on a diet of rice. But as well say that the Scotch are reared on porridge. Your Chinese gives rice the same preference that the Irishman gives potatoes and the New Englander pie, but he does not live on it. His pork, his ducks, his chickens, fish and crustacea supply him with a varied menu; and he is not a stranger to mutton and canned beef, nor yet his dog meat. He has his flocks of fat tailed sheep and beef exports are now found in the farthest reaches of his empire. The Chinese is no more a vegetarian than the average white man is.

The Japanese have had more rice than they think was good for them and are disposed to believe that the diet has been bad for his stature. The defect they are trying to cure by importing and using canned beef, which is now a ration of the army. But they never were strict vegetarians. Fish is a staple food, and they make much use of domestic fowl and eggs. They cannot raise cattle and sheep because most of their grass is not edible and because the crowded state of the country would not leave room for pasture if it was, but they buy much beef and some mutton abroad.

The truth seems to be that man was made for mixed diet, but that he can do better on a meat ration than he can on one of vegetables and fruit. The very structure of his teeth shows this, for they are made for a dietetic purpose. There are incisors for biting and cutting, the canines for tearing and cheek teeth which combine the broad, crushing surfaces in herbivorous animals with the cutting edges in carnivorous ones. Human teeth are adapted to every kind of food and there can be little doubt that the consumption of a wide variety of it was nature's purpose for man.—San Francisco Chronicle.

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For further information call or telephone the business office of

THE HAWAIIAN STAR.